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Meditation with Thich Nhat Hanh How To  
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in such a way that you enjoy sitting, to sit in a relaxed way, with your mind awake, calm, and clear”, and it definitely takes training and practice (p. 11).

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First, Thich Nhat Hanh mentioned that

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"when you think you are sitting alone, your ancestors are sitting with you." So, breathing in, I can say, "Mother, I invite you to breathe in and out with me." The following quote reminds me of my deceased mother: "When they were alive, they might not have had a chance to sit mindfully and breathe peacefully.

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Set aside a room or corner or a cushion that you use just for sitting. The sound of a bell is a wonderful way to begin sitting meditation. If you don't have a bell you can download a... When you sit, keep your

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spinal column quite straight, while allowing your body to be relaxed. Relax every muscle ...

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How to Sit is the first in a new series of how-to titles by Zen Master Thich Nhat Hanh that introduces beginners to and reminds seasoned practitioners of the essentials of mindfulness practice.

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Pocket-sized with bold black-and-white illustrations by Jason DeAntonis, *How to Sit* provides explicit, simple directions on the mechanics of posture and breathing, along with instructions for how best to achieve the awakened, relaxed state of clarity to cultivate concentration and compassion. Following the instructions,

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“Sitting meditation is a way to practice letting go of the things we carry needlessly. These things are nothing but obstacles to our happiness. Ease in our sitting and ease in our breathing nourishes the body and mind.” ? Thich Nhat Hanh,

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/; Vietnamese: [tʰəkʰ t̚hâj] (); born as Nguyễn Xuân Báo on 11 October 1926) is a Vietnamese Thiền Buddhist monk, peace activist, and founder of the Plum Village Tradition.. Thích Nhất Hạnh spent most of his later life residing at the Plum Village Monastery in southwest France, travelling internationally to ...

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How to Sit is part of a charming series of books from Zen Master, Thich Nhat Hanh, exploring the essential foundations of mindful meditation and practice. How to Sit provides explicit, simple directions on the mechanics of posture and breathing,

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“Thich Nhat Hanh shows us the



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connection between personal inner peace and peace on earth.” —His Holiness the Dalai Lama “Thich Nhat Hanh is a holy man, for he is humble and devout. He is a scholar of immense intellectual capacity. His ideas for peace, if applied, would build a monument to ecumenism, to world brotherhood, to humanity.”

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Want to hear some great quotes on mindfulness, one of the best people to listen to (or read from) is Thich Nhat Hanh. Thich Nhat Hanh quotes on mindfulness are plentiful. He has been

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writing books about peace and mindfulness for decades. In fact, Thich has been called the, “Father of Mindfulness” for the sheer immensity of work he has done in that area. Thich currently is the leader of a ...

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